



WHATSheATE



HEALTH SCORE

71%

Penne with Pistachio Pesto and White Beans



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce arugula
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 1 cup basil fresh packed
- ☐ 6 garlic clove
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce pecorino cheese fresh shredded

- ☐ 8 ounces penne pasta uncooked
- ☐ 0.3 cup pistachios shelled
- ☐ 1.5 cups canned tomatoes peeled seeded chopped

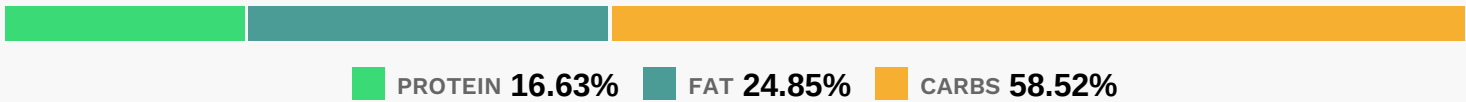
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water.
- ☐ Drain.
- ☐ Combine basil, nuts, and garlic in a food processor; process until finely chopped.
- ☐ Heat a large skillet over medium heat.
- ☐ Add olive oil to pan, and swirl to coat.
- ☐ Add basil mixture, and cook for 2 minutes, stirring frequently. Stir in pasta, tomato, and next 3 ingredients (through beans); cook for 2 minutes or until thoroughly heated, tossing to combine.
- ☐ Remove from heat.
- ☐ Add arugula to pan, and toss to slightly wilt.
- ☐ Place about 1 1/4 cups pasta mixture in each of 4 bowls, and top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:23.49, Inflammation Score:-9, Nutrition Score:27.208695975983%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.38mg, Kaempferol: 12.38mg, Kaempferol: 12.38mg, Kaempferol: 12.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 497.56kcal (24.88%), Fat: 13.99g (21.52%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 74.11g (24.7%), Net Carbohydrates: 64.62g (23.5%), Sugar: 5.4g (6%), Cholesterol: 7.37mg (2.46%), Sodium: 669.38mg (29.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.13%), Manganese: 1.55mg (77.66%), Vitamin K: 74.54µg (70.99%), Selenium: 39.98µg (57.11%), Fiber: 9.49g (37.97%), Phosphorus: 342mg (34.2%), Iron: 6.02mg (33.45%), Folate: 129.6µg (32.4%), Copper: 0.65mg (32.26%), Magnesium: 128.86mg (32.22%), Potassium: 1036.49mg (29.61%), Calcium: 278.91mg (27.89%), Vitamin A: 1327.17IU (26.54%), Vitamin B6: 0.49mg (24.46%), Vitamin C: 16.6mg (20.12%), Vitamin E: 2.92mg (19.5%), Vitamin B1: 0.29mg (19.35%), Zinc: 2.74mg (18.28%), Vitamin B2: 0.2mg (11.9%), Vitamin B3: 2.03mg (10.15%), Vitamin B5: 0.82mg (8.18%), Vitamin B12: 0.08µg (1.32%)